



## Are Spinning Classes Right for Me? – 5 Questions to Answer

Whether you call it indoor cycling or spinning, pedaling a stationary bike is a great way to burn calories and get some much-needed exercise. Perhaps you have been wondering, "are spinning classes right for me?" This post was written to help you answer that question.



We cannot say that [spinning classes](#) are your best choice. But we can offer you five questions that, combined with your answers, should settle things for you. As you read, bear in mind that you should consult your doctor before starting any regular exercise program.

### **1. Do you prefer low impact exercise?**

One of the things our students most love about indoor cycling is its low-impact nature. In our business, a low impact exercise is one that does not subject the joints to significant impact shock. Indoor cycling fits the bill. By contrast, running initiates impact shock with every step. We consider running a high impact sport.

### **2. Do you find group settings motivational?**

Spinning classes are, by nature, group settings. You might get together with a dozen or more studio members to take a class with a single trainer. For some people, this sort of setting can be quite intimidating. Others find it motivational. Where do you stand? If you are motivated by being in the company of other like-minded people, spinning classes may be just what you are looking for.



### **3. Do you need the boost a professional trainer offers?**

Here at Mcycle Studio, we have worked with a number of members who have explicitly stated they chose the studio environment because they needed the boost professional trainers provide. They feel a professional trainer holds them accountable. A trainer pushes them to keep going, encourages them when they are not feeling it, and provides an excellent example for them to follow.

Maybe you have tried exercising alone and failed. If so, it might be that you just need that extra boost. Spinning classes hosted by a professional trainer could do for you what solitary exercise cannot.

### **4. Do you exercise better with music?**

Though we cannot say what other studios do, our studio makes a point of combining indoor cycling with appropriately chosen music. The music we choose is not just background music. It is chosen to help our students fully immerse themselves in their rides. Music coincides with whatever the trainer is trying to accomplish at any given moment to such a degree that it acts as further motivation. If you find you exercise better with music, you are likely to appreciate how music enhances indoor cycling.

### **5. Is cycling a sport you already enjoy?**

There is plenty of debate over whether or not outdoor cycling is superior to its indoor counterpart. However, the one thing all cyclists can agree on is the love of the sport itself. Maybe you already enjoy cycling to some degree. If so, spinning classes could be right up your alley.

Many of our long-term clients first came to Mcycle Studio looking to supplement their outdoor rides. Others can no longer ride outdoors for a variety of reasons. Still others have never done any kind of cycling except for indoors. The one thing they all have in common is their appreciation for cycling as both a sport and a means of exercise. If you already enjoy cycling, it is a safe bet you will find spinning classes just as enjoyable.

Hopefully you now have a better idea of whether or not spinning classes are right for you. If they are, feel free to check out our [class schedule](#). We are always looking to add new riders.